

SMOKED MEATLOAF

(inspired by Alton Brown and other sources)

1/2 cup ketchup (store-bought or home-made, recipe follows)
1/4 cup tomato paste
1 tablespoon dark brown sugar
1 canned chipotle chile in adobo sauce, chopped fine
1 teaspoon cocoa powder
2 pounds ground chuck
1 pound ground pork
1/4 cup almond flour
1 medium shallot, diced
2 medium carrots, diced
1 celery rib, diced
1 tablespoon olive oil
2.5 tsp salt
1 tsp oregano
black pepper to taste
2 large eggs, beaten

Combine the ketchup, tomato paste, brown sugar, chipotle, adobo sauce and cocoa powder in a small bowl.

Place the shallot, carrot and celery into the bowl of a food processor and process until finely chopped. Heat the olive oil in a small saute pan and add the processed veggies, season lightly with salt and pepper. Cook until fragrant and the veggies start to soften. Reserve, cool to almost room temperature.

In a large bowl, combine the two types of meat with the ketchup mixture, reserving about 2 tablespoons to brush on the meat later. Add the almond flour, eggs, all seasonings. Mix it all gently without overworking the meat. Shape as a loaf on top of a heavy-duty aluminum foil. Close the foil around the meatloaf.

Heat the smoker (or use your oven) to 250F. Load it with the wood chips of your choice. We used applewood. Flip the package and poke holes at the bottom of the foil to allow fat to drip down. Invert it again and place in the smoker, foil tightly closed for about 50 minutes.

Open the package and fold the foil back. Brush with the remaining ketchup mixture and continue smoking until the internal temperature reaches 130 ° F, about 40 minutes longer.

Remove the meat loaf from the smoker and let rest for 20 minutes before slicing and serving.

LOW-SUGAR KETCHUP

(adapted from Bacon & Butter)

1 1/2 cups tomato paste

1/4 cup water

4 tablespoons apple cider vinegar

1 tablespoon Worcestershire sauce

1 tablespoon mustard

1/2 teaspoon salt

1/8 teaspoon freshly ground black pepper

1/8 teaspoon ground cloves

In a large bowl, combine the tomato paste, water, cider vinegar, Worcestershire sauce, mustard, salt, pepper, and cloves. Whisk thoroughly to combine. Transfer to an airtight container. Chill for 1 hour to allow the flavors to incorporate.